

SIGN UP AT signupschedule.com/SRC

**SKAGWAY RECREATION CENTER (SRC)
OCTOBER 2021 GROUP FITNESS & YOGA**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-7:15 AM			Spinning (Katherine)		Spinning (Katherine)	<p>OPEN GYM TIMES</p> <p>Sunday 1-3pm & 5:30-7pm</p> <p>Monday 10-4:30pm & 6-8:30pm</p> <p>Tuesday 1:30-3:30pm & 7-8:30pm</p> <p>Wednesday 10-4:30pm & 6-8:30pm</p> <p>Thursday 1:30-5:30pm & 7-8:30pm</p> <p>Friday 9am-3pm</p> <p>Saturday NOON-3pm</p> <p>MUST SIGN UP AND INVITE ONLY YOUR SOCIAL BUBBLE</p> <p>WWW.SIGNUPSCHEDULE.COM/SRC</p>	
8:00-8:45 AM			Mat Pilates (Katherine)		Mat Pilates (Katherine)		
8:15-9:00 AM		Spinning (Katherine)		Spinning (Katherine)			
9:00-10:00 AM			Vinyasa Yoga Level 2-3 (Katherine)		Vinyasa Yoga Level 2-3 (Katherine)		
9:00-9:45 AM		FLEX- TOTAL BODY (Katherine)		FLEX- TOTAL BODY (Katherine)			
10:00-11:00 AM		Restorative/Yin All Level (Katherine)		Back/Hip Yoga All Level (Katherine)			
10:30-11:15 AM			SR Fitness Nicholle Oct. 5 & 12 Katherine Oct. 19 & 26		SR Fitness Nicholle Oct. 7 & 14 Katherine Oct. 21 & 28		
12:30-1:15 PM			Spinning Nicholle Oct. 5 & 12 Johanna Oct. 19 & 26		Spinning Nicholle Oct. 7 & 14 Johanna Oct. 21 & 28		
3:15- 4:00 PM	Spinning (Johanna)						
4:00-5:15 PM	Gentle Flow All Level (Gillian)						
4:45-5:25 PM		Spinning (Cindy)		Spinning (Cindy)			
5:30-6:00 PM		Stretch & Roll (Courtney)		Stretch & Roll (Courtney) w. Nicholle on Oct. 6			
5:45-7:00 PM			Gentle Flow All Level (Gillian)		Gentle Flow All Level (Gillian)		

CLASS DESCRIPTIONS

Back / Hip Yoga: Therapeutic style asana practice to support a healthy back and hip region.

FLEX: Resistance training using barbells, dumbbells, and stability balls.

Gentle Flow: Appropriate for those who want a gentle slow-paced relaxing practice with focus on breath.

Mat Pilates: Beginner to Intermediate core based class using classical Pilates mat exercises to create long, lean muscles.

Restorative / Yin: Restorative and Yin poses for deep relaxation and release.

SR Fitness: Chair based resistance training program for the entire body. Great for beginners too!

Spinning: Group Cycling class with a mix of rides that focus on strength, endurance or intervals.

Vinyasa Yoga: Flow style heat building yoga practice that links breath with movement.

Yoga Class Ratings

Level 1 (L1): Beginner Friendly— Practicing less than 1 year or practitioner is looking for a class that offers modifications for different body types. Class strives to embrace all shapes and sizes.

Level 2 (L2): Intermediate— Practicing at least 1-2 years. Poses are intermediate. Practitioner is expected to have a fundamental familiarity with basic postures as well as body alignment and modify as needed.

Level 3 (L3): Advanced— Practicing more than 2 years with a deep understanding of breath and body alignment. Poses are intermediate to advanced and can be very challenging in nature.

All Level (AL): Great for beginners through advanced practitioners. Teacher will offer options for individual needs accordingly.